

Feeding Your Baby In A Healthy Way



Your Healthy Baby

CALIFORNIA
**CHILDREN
& FAMILIES**
PARTNERSHIP

A Partnership of the
California Children & Families Commission
and the Children & Families County Commissions

Your Healthy Baby



Tips To Remember

- Breastfeed your baby. It's the best for the baby for the first year or longer.
- Don't put juice or soda in your baby's bottle – only breast milk, formula or water.
- Never put your baby to bed with a bottle.
- When your baby is about 6 months old you can start to feed your baby solid foods.
- When your baby starts solid food, add one new food a week. Watch for any allergic reactions like rashes.
- Don't force food. Your baby knows how much he or she needs to eat.
- Give your child small servings. Your child will ask for more if hungry.
- When you start feeding solid foods to your baby, don't give foods your baby can choke on, like hot dogs, popcorn, grapes and peanut butter.
- Offer all kinds of foods.
- Limit sugary, salty and fatty foods.
- Take your child shopping for food.
- Let older children help you make meals.
- Make mealtimes happy.



Your Baby Needs Healthy Food To Grow

Your baby is growing and changing every day. As your baby grows, your baby's needs will change. During the first year, all babies need breast milk or baby formula. At around 6 months, your baby can start to eat healthy solid foods.

Feeding your child in a healthy and loving way helps your child learn good food habits. It helps your child feel good about eating. And it helps your child have good self-esteem. When your child is hungry, feed him or her right away. That will help your child feel safe and happy. This brochure provides you with guidelines on feeding your baby through age 5.

Your Healthy Baby



Babies And Toddlers Can Easily Choke On Some Foods

Do not feed your baby:

- Hot dogs
- Popcorn
- Raisins
- Nuts
- Chips
- Hard candy
- Raw vegetables
- Seeds
- Grapes
- Peanut butter
- Honey



Never give honey or foods made with honey to babies under 1 year. Your baby could get very sick or even die.

When Your Baby Is Newborn To 4 Months Old

From birth to 4 months, your baby:

- Sucks and swallows liquids.
- Pushes its tongue out.

All babies need breast milk or baby formula with iron. Breast milk is best for your baby!

Your baby will have a special cry or fussiness to show when he or she is hungry.

- Feed your baby when your baby is hungry.
Do not try to feed your baby on a schedule.

Your newborn might wake up hungry several times at night. Over a few months, most babies will start to sleep through the night.

Your Healthy Baby



You Can Breastfeed Your Baby

- Breastfeeding is the best nutrition for all babies.
- Breast milk has antibodies that help your baby to stay well.
- Breastfed babies are less likely to get allergies.
- Breastfeeding is good for you too. It helps you get back in shape. It helps lower the risk of breast cancer.
- Breastfeeding may take some practice. Don't give up and remember to drink lots of fluids. If you have trouble, ask your doctor or clinic for help.
- Let your doctor know if you are taking any medicine or drugs or if you are infected with HIV.
- Breastfeed your baby for the first year or longer, if possible.



You Can Breastfeed When You Work

- You can pump your milk and put it in a clean bottle.
- Empty your breasts by hand or use a breast pump.
- You can refrigerate breast milk for up to 48 hours.
- You can freeze breast milk for up to three months.
- Thaw breast milk in the refrigerator.
- Do not microwave breast milk or heat it on a stove. Put the bottle in hot water to warm it up.

Your Healthy Baby



If You Bottlefeed, Here's What You Should Know

- Use only breast milk or formula with iron.
- Always follow the instructions to make formula.
- Always hold the bottle, don't prop it up. This will help prevent dental problems.
- Hold your baby closely while he or she feeds. Look at your baby and talk lovingly.
- Don't put cereal in the bottle. It can choke your baby.
- Don't microwave the bottle. Put the bottle in hot water to warm it up.
- Never put your baby to bed with a bottle. Your baby may choke. It can also be bad for your baby's teeth.



When Your Baby Is 4 To 6 Months Old

Your baby can:

- Sit with support.
- Hold head steady.
- Keep food in mouth and swallow it.

At about six months, you can:

- Start baby cereal with iron. Begin with plain rice cereal.
 - ◆ Later try oatmeal, then barley.
 - ◆ Mix the cereal with breast milk or formula. It should be thin at first.
 - ◆ Feed cereal from a baby spoon only. Do not put cereal in the bottle.
 - ◆ Throw away anything unused in your baby's cup or plate.

Your Healthy Baby



When Your Baby Is 5 To 7 Months Old

If your baby can:

- Sit without support.
- Start to chew.

You can:

- Start to teach your baby to drink water from a small cup.
- Feed your baby fruits and vegetables. Start with vegetables first. Offer a new one each week.
- Use smoothed, strained, or pureed cooked vegetables. You can use a strainer, blender or food grinder.
- Try strained or pureed soft fruits.
- Use plain food without added salt or sugar.
- Offer different kinds of foods.
- Always use a clean spoon to take food out of jars.
- Let your baby start to feed himself or herself.

Before 6 months DO NOT give your baby:

- Homemade carrots
- Beets
- Spinach
- Turnips or collard greens

When Your Baby Is 7 To 8 Months Old

As soon as your baby can:

- Grasp and hold onto things.
- Use a cup with help.

You can start to give your baby these foods:

Strain or puree foods like:

- Meat. Do not give hot dogs or meats like bologna, ham, or salami.
- Chicken.
- Beans.
- Cottage cheese.
- Plain yogurt.
- Cooked egg yolk. Mash with breast milk, formula or plain yogurt. Do not use egg whites; they may cause allergies.
- Mashed tofu.



Offer a variety of foods. Let your baby begin to feed himself or herself.

Your Healthy Baby



When Your Baby Is 8 To 10 Months Old

When your baby can:

- Take a bite of food.
- Pick up finger foods and feed himself or herself.
- Use a cup.

You can start to give your baby fruit juice.

- Make sure your baby has only 2 ounces (1/4 cup) of juice mixed with 2 ounces of water once a day.
- Give your baby juice in a cup, not in a bottle.
- **Do not** give your baby orange or pineapple juice yet!
- **Do not** give your baby unpasteurized apple juice!

You can also feed your baby:

- Mixed grain baby cereal.
- Fruits and cooked vegetables mashed with a fork.

When Your Baby Is 8 To 10 Months Old

Your baby can start to try finger foods.

You can give your baby:

- Small pieces of mild cheese.
- Toasted bread squares or small pieces of soft tortilla.
- Small pieces of soft, cooked vegetables and peeled, soft fruits.
- Cooked plain rice or noodles mashed and chopped.
- Small pieces of cooked meat, chicken or fish. It must be ground. Take out all bones and tough parts.
- Small pieces of tofu.



Do not add salt, sugar, fat or spices to your baby's food.

Let your baby feed himself or herself.

Your Healthy Baby



When Your Baby Is 10 To 12 Months Old

When your baby can:

- Chew and swallow soft, mashed and chopped foods.
- Use a cup.
- Start to use a spoon.

You can start feeding your baby:

Small pieces of cooked, soft foods the family eats, such as:

- Cereals, bread and crackers.
- Fruit and cooked vegetables.
- Cooked soft meats, cooked beans or lentils, cooked egg yolks.
- Casseroles.

When Your Baby Is 10 To 12 Months Old

Let your baby eat with a spoon or his or her hands.

- Let your baby sit at the table with the family.
- Start to use the cup more. Give your baby a small cup of breast milk, formula or water to drink with his or her food.
- Stop giving your baby a bottle little by little around 12 months and start to use a cup. If you wait longer, your baby may not want to give up the bottle. Bottlefeeding can cause tooth decay.



Your Healthy Baby



When Your Baby Is 1 Year Old

When your baby can:

- Chew and swallow soft table foods.
- Use a spoon.

You can start to give your child whole milk:

- Begin by giving a little at a time.
- When your baby gets used to whole milk, offer 4 ounces in a cup, 4 times a day.
- Give your baby whole milk from age 1 until age 2.
- Serve your baby liquids from a cup only.



Your child can also start eating cooked whole egg.
Offer your child three small meals a day plus snacks.

When Your Child Is 1 To 3 Years Old

From ages 1 to 3 your child's taste in foods will change a lot. One day your child may like one food, the next day your child may not like the same food. Your child may also be picky and messy. That is a normal part of growing and learning.

Feed your toddler all kinds of foods every day.

- Offer your child three meals a day and two to three snacks every day.
- Your child will eat more on some days than on other days.
- It is normal for your child to eat less after the first year. Your child is not growing as fast.

Let your child decide how much to eat from the foods you serve.

- Give small servings.
- Give about 1 tablespoon of each food for every year of age.
- If they finish it all, you can offer more food.

If you are still breastfeeding your child, that's great!
Breastfeed after meals and at night.

Your Healthy Baby



When Your Child Is 1 To 3 Years Old

- Feed your child whole milk up to 2 years old.
 - ◆ When your child is no longer drinking breast milk or formula give whole milk.
 - ◆ Do not use low-fat or skim milk unless your doctor or clinic tells you to.
 - ◆ Do not give more than 16 ounces of milk per day.
- After age two, your child can drink low-fat or skim milk.

Limit juice to one half cup per day.

- Serve fruit instead of juice when you can.
- Your child should be drinking only from a cup, not a bottle.

Give your child healthy foods.

Serve these foods every day:

- Breads, grains, cereals (whole grains as often as possible)
- Fruits and vegetables
- Milk products (low-fat after 2 years)
- Protein foods



Limit the amount of salty, sugary and fatty foods.

When Your Child Is 3 To 5 Years Old

Your 3 to 5 year old will eat more than a toddler.

- Give about one tablespoon of each food for each year of your child's age.
- If they finish it all, you can offer more food.
- Offer all kinds of foods. Give your child healthy foods.

Serve these foods every day:

- Breads, grains, cereals (whole grains as often as possible)
- Fruits and vegetables
- Milk products, like milk and cheese (low-fat)
- Protein foods, like meat, beans or tofu

Although kids love sweets, it is best to limit them. Also limit salty and fatty foods like chips and french fries.

Limit juice to 3/4 cup per day.

- Serve fruit instead of juice when you can.
- If your child is thirsty at other times, offer water instead of sweet drinks.
- Sweet drinks can make your child feel full and can cause tooth decay.

Your Healthy Baby



You Can Help Your Child Be A Good Eater

Some children at this age are fussy eaters. To help them you can serve foods that are:

- Bite size or easy for your child to hold.
- Soft and easy to chew.
- Mild and simple.
- Not too hot or too cold.
- Different colors, textures and shapes.

It is normal for children to play with their food. If your child stops eating or throws food, take the food away.

Do not allow your child to fill up on juices, milk, or snack foods before a meal.

Be patient.

You Can Help Make Mealtime A Happy Time

- Eat with your child. Children like to eat with other people.
- Try to have meals and snacks about the same time every day.
- Eat the same foods as your child.
- Show your child how you eat your vegetables.
- Do not bribe or force your child to eat.



Your Healthy Baby



You Can Help Your Child Be Interested In Food

- Take your child grocery shopping. Let your child help pick out fruits and vegetables at the store.
- Have your child help in the kitchen. Your child can wash fruits and vegetables or tear lettuce for a salad.
- Have your child help set the table or help clean up a little.
- Let your child help make his or her own lunch.



Where You Can Find Help

Want to find out about breastfeeding
and feeding your baby healthy foods?

Call **Women, Infants and Children (WIC)**
(888) 942-9675

Brought to you by the California Children
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For more information, please call **(800) KIDS-025**.

